

Pandemic Influenza Awareness Program Final Quiz

Be sure to read through all the answers to each question before selecting your response.

1. Which of these statements is FALSE?
 - ☐ Seasonal influenza occurs every year but a flu pandemic only happens every once in a while and is unpredictable.
 - ☐ Seasonal influenza and pandemic influenza are the same thing.
 - ☐ A flu pandemic will be caused by a new type of flu virus that our bodies cannot handle.
2. The seasonal flu vaccine protects against pandemic flu.
 - ☐ True
 - ☐ False
3. The influenza virus can be spread through:
 - ☐ Contact with droplets from someone sneezing or coughing
 - ☐ Touching your eyes, nose, and mouth without washing your hands
 - ☐ All of the above
 - ☐ None of the above
4. People can spread the flu a day before they get sick even though they look and feel perfectly healthy.
 - ☐ True
 - ☐ False
5. Which of these healthy habits helps prevent the spread of disease?
 - ☐ Washing your hands for 20 seconds with soap and warm water
 - ☐ Coughing into your sleeve or covering your nose and mouth with a tissue when you cough
 - ☐ Not touching your eyes, nose, and mouth before you've had a chance to wash your hands
 - ☐ Covering your mouth and nose with your hand when you cough and sneeze
 - ☐ The first three answers

6. Which of these statements is FALSE?

It is important to start putting together a *Pandemic Flu Personal Emergency Plan* because:

- ☐ A flu pandemic can happen at any time and can happen quickly.
- ☐ Planning now gives me time to get the items I need without having to rush or compete with others for resources.
- ☐ It is a requirement by the government.
- ☐ Emergency systems may be overwhelmed and it is important to be organized and prepared to rely on ourselves if necessary.

7. How long would a person who was sick with pandemic flu need to stay in isolation (away from other people)?
- Three days
 - One month
 - Six weeks
 - Until they are no longer contagious
8. The government's social distancing measures may include:
- Travel restrictions
 - Cancelling recreational public gatherings like concerts, sporting events, and parades
 - Closing schools, day care centers, and some workplaces
 - All of the above
9. Putting social distancing measures in place early during a flu pandemic can help save lives and reduce the number of people who get sick from flu.
- True
 - False
10. Health care resources may be affected during a flu pandemic in the following ways, EXCEPT:
- Less urgent surgeries and procedures may be cancelled.
 - There will be plenty of professionally trained, medical staff available to work at medical centers to provide care.
 - Many ill patients with flu-like symptoms will seek medical attention, overwhelming hospitals and health care providers.
 - Medical equipment and supplies may be scarce.
11. During a flu pandemic, most people sick with the flu may have to be cared for at home.
- True
 - False
12. All of these are critical elements to providing home care for flu, EXCEPT:
- How to monitor flu symptoms
 - The importance of drinking fluids
 - How to exercise with the flu
 - How to identify signs and symptoms that require medical attention
13. People living with someone who is sick with the flu should follow all of these infection control procedures, EXCEPT:
- Wear gloves when handling the sick person's laundry.
 - Wear gloves when handling the sick person's trash.
 - Wash your hands after removing gloves.
 - Dispose of gloves with hazardous biological waste.

14. Which of these statements is TRUE?

- Cleaners and disinfectants are the same thing.
- A cleaner washes away dirt and a disinfectant destroys germs.
- A cleaner is the tool you use, like a mop or a broom, and a disinfectant is the liquid chemical mixture.
- Soap and detergents are disinfectants.

15. During a flu pandemic, we can expect to see changes in:

- The delivery of health care services
- The production and distribution of food
- How workplaces function and operate
- All of the above

16. What are some actions your business can start doing **now** to plan for a flu pandemic?

- Develop and plan for different scenarios that could happen in a flu pandemic.
- Identify which functions are critical for maintaining business operations.
- Cross-train staff to perform a variety of functions.
- Encourage healthy habits in the workplace such as proper handwashing and staying home if you are sick.
- All of the above

17. Workplace flu pandemic plans should address the following, EXCEPT:

- Protecting employees' health and safety
- Developing a plan without employee involvement
- Maintaining operations
- Working with suppliers and customers

18. Business continuity plans for a flu pandemic should include how to continue essential functions for a period of:

- 5 business days
- 1 month
- 2-3 months
- 3-6 months

19. There is nothing people can do in advance to prepare for the emotional impact of a severe flu pandemic.

- True
- False

20. Which of the following are good tips to evaluate health information?

- Look for credible website addresses that end in ".gov" and ".edu."
- Seek out media sources (newspapers, magazines, websites, television and radio) that are well-known and have good reputations.
- Refer to more than one source for your information to help avoid bias.
- All of the above